



The Great Shofar
is sounded
and
a still small voice
is heard

GUIDED QUIET RETREAT WITH KIT TUREN

Sunday, October 6th 2:00 PM

A High Holy Days Quiet Retreat offers the opportunity for letting go of the hectic pace of life and bringing our kavanah (intention) and attention to connecting with the Divine. During a Quiet Retreat, most of our time is spent within the *sanctuary of silence*. It is a time to be silent and open to an encounter with G-d, G-dliness and our own tzelem Elohim in interior and exterior silence.

This *guided* communal Quiet Retreat will include opening and closing circles, guided entry into and out of silence, an optional guided reflection and extended times of silence. During these times, different options for your silent reflection will be suggested. The retreat will be facilitated by congregant Kit Turen, who is experienced in extended silent retreat. Bring your High Holiday prayer book, or other readings upon which you may want to reflect, and a journal. Dress in layers as the sanctuary can be chilly. Please arrive a few minutes early.

Whether you are new or experienced in the practice of silence ... you are welcome.

This event is free and open to the public.

Please RSVP to Kit Turen at bettyandmilt@yahoo.com

“Teach me how and when to communicate with that most potent gift of silence”

Rabbi Nachman of Breslov